



## **Instruction Manual**



Thank you for choosing the SaunaGen® Infrared Sauna!

*[www.saunagen.com](http://www.saunagen.com)*

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## 1. Introduction

SaunaGen welcomes you to the most affordable infrared sauna in the nation! We also congratulate you on your new path to better health! Thousands of users enjoy the benefits of infrared saunas every day. Infrared saunas help you burn calories, reduce toxins, relieve pain and even clear complexions. Now you can enjoy the great benefits of far-infrared heat within the privacy of your own home.

SaunaGen strives to deliver superior home health products at an affordable price. Our list of clients grows daily and we believe that your success is our success. Our staff has over 15 years of combined professional experience and is ready to provide you with excellent customer service.

## 2. Health & Beauty Benefits

**Relieve pain:** The far-infrared rays of a SaunaGen sauna accelerate the blood circulation and supply more oxygen to the body. Increased blood circulation diminishes inflammation, relieves pain, and speeds up recovery. Infrared saunas have also been used to treat bursitis, rheumatism, arthritis, and hemorrhoids. Increased blood circulation not only alleviates internal ailments, but also skin conditions such as psoriasis, eczema and scars. Good circulation is essential for smooth and firm skin.

**Burn calories & fat:** The far-infrared rays of the SaunaGen sauna eliminate extra salt and subcutaneous fat. Burn up to 600 calories in one half hour session versus a half hour of jogging which burns 300 calories, and a half hour of cycling burns 225 calories.

**Relax your body and mind:** Use the built-in CD player to listen to your favorite music to relax and reduce stress. Infrared saunas also improve; often cure insomnia, and other stress related disorders.

**Reduce toxins and improve complexions:** Sweating in a lower temperature environment activates the sweat glands and expels toxins from the skin.

## 3. Highlights

- a. High quality craftsmanship
- b. Automatic thermostat for constant temperature
- c. Timer and buzzer: buzzer sounds 5 minutes before the end of session
- d. Digital sensor and thermometer
- e. Infrared heating pipes
- f. AM/FM Car Stereo w/ CD player and speakers (*room style model only*)

## Installation

### 1. Installation requirements

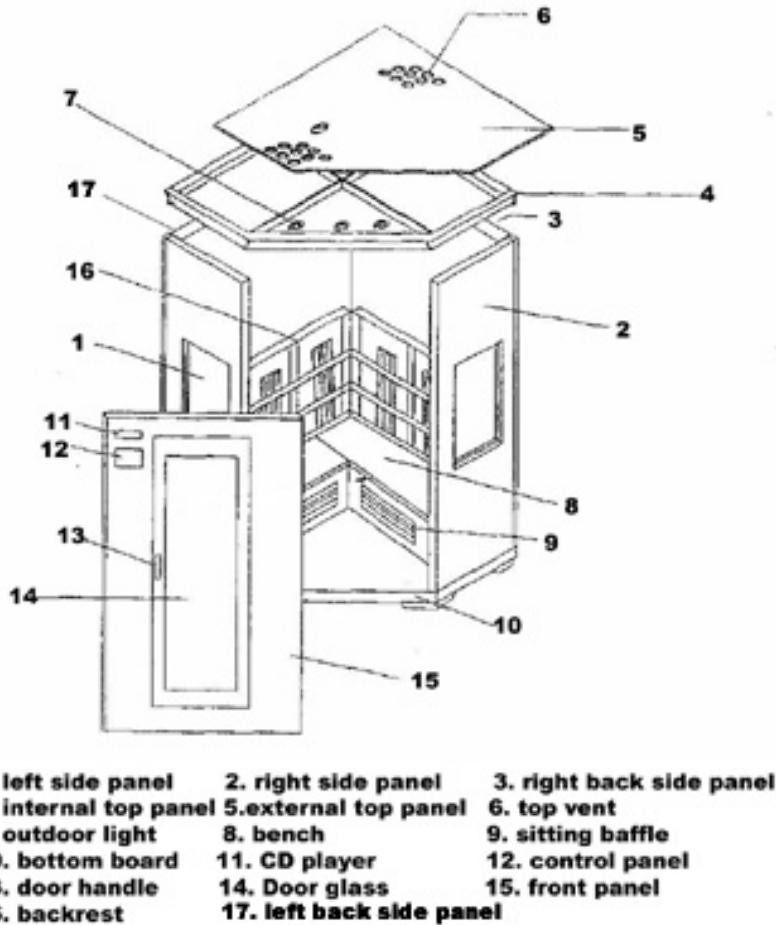
- a. Do not plug any other appliances into the outlet with your SaunaGen infrared sauna.
- b. Install the sauna on a completely level floor.
- c. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.

**Do not store flammable objects or chemical substances near the sauna.**

## Installation procedure

### Sauna Room:

1. Structure of Infrared Sauna. See FIG-1



2. One unit packed into two cartons. See FIG-2



FIG-2

FIG-2 two cartons

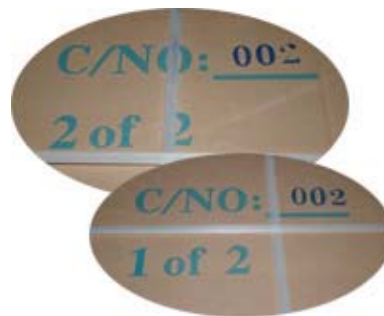


FIG-2.1

FIG-2.1 carton no.

Check the C/NO. on both cartons if they are the same. If not, please notify the store/website you purchased your SaunaGen Infrared Sauna. For example, C/NO: 002 1 OF 2 and C/NO: 002 2 OF 2 are for one unit. See **FIG-2.1**

Make sure all parts are present before installing the unit. See packing list below.

- |                         |                          |                         |                    |                       |
|-------------------------|--------------------------|-------------------------|--------------------|-----------------------|
| A. User manual          | B. Bottom board          | C. Back Board           | D. Left side board | E. Right side board   |
| F. Sitting baffle       | G. Sitting board         | H. Back rest            | I. Front board     | J. Internal top board |
| K. External top board   | L. CD Player             | M. CD player back cover | N. Screwdriver     | O. Towel shelf        |
| P. Left back side board | Q. Right back side board |                         |                    |                       |

3. Place the bottom board in the desired location of your sauna, and make sure which side is the front and which side is the back. **See FIG-3.**



**FIG-3** Placing bottom floor



**FIG-4** Assembling left back-side board

4. Align the left back side board with bottom board's corresponding battens; make sure they are in line. **See FIG-4**
5. Align the right back side board with bottom board's corresponding battens; make sure left board fits flush into left back-side board. **See FIG-5**



**FIG-5** Assembling right back-side board



**FIG-6** Latching

6. The latch has a guide tab that must be placed in the guide slot for alignment. Pick up the back panel (hold it upright to the floor panel) and place the tab in the slot, do not latch at this time. When the back wall and the front wall/side wall are set together on the floor panel, close and pin the latches. **See Figure 6**

7. Align the right side board with bottom board's corresponding battens, make sure right side board fits flush into right back-side board. Latch it. **See FIG-7**



**FIG-7** Assembling right side board



**FIG-8** Assembling left side board

8. Align the left side board with bottom board's corresponding battens; make sure left side board fits flush into left back side board. Latch it. **See FIG-8**
9. Hold the long sitting baffle with heater along the left back side board, and the right side board's corresponding slot then place it vertically into these slots. Note: Please make sure this board is in the slot; otherwise the sitting board will become unstable. **See FIG-9**



**FIG-9** Assembling long sitting baffle



**FIG-10** Assembling short sitting baffle

10. Hold the short sitting baffle along the left sideboard, and the long sitting baffle's corresponding slot then place it vertically into these slots. Notes: Do make sure this board is in the slot; otherwise the sitting board will become unstable. **See FIG-10**
11. Connect the electrical wire in the left and right back board with corresponding wire in the sitting baffle. Note: Please make sure they are tightly connected; otherwise the heater will not work. **See FIG-11**





**FIG-11** Connecting wire



**FIG-12** Assembling sitting board

12. Put the sitting board horizontally on corresponding battens of the right back side board. **See FIG-12, 12.1**



**FIG-12.1** Assembling sitting board



**FIG-13** Fix the backrest with screws



**FIG-13.1** Fixing backrest with screws



**FIG-14** Assembling front board

13. Screw the backrest onto the backboard. **See FIG-13, 13.1**

14. Align the front board with bottom board's corresponding battens, and then latch it with the left and right boards respectively. Note: Take caution of the glass door to avoid damage. **See FIG-14.**

15. Take out the car stereo with CD player, check its spare parts, put the stereo into the CD frame. Then screw the attached stereo support to the stereo. **See FIG-15, 15.1, 15.2, 15.3** Note: CD player on selected model only.
- 16.



**FIG-15** Checking CD spare parts



**FIG-15.1** Fixing CD



**FIG-15.2** Fix the CD to the metal support



**FIG-15.3** Lock the CD with its metal support

17. Put all of the wires outside to leave enough space for setting up the top board (section 9). **See FIG-16.** Open the door, raise the top board high enough to see if it fits with the surrounding boards, and then put down.



**FIG-16** Assembling internal top board



**FIG-17** Leading the wires of heaters onto the board through the corresponding hole

18. During the course of putting down the internal top board, make sure all the wires (mentioned above) and connecting plugs are slipped through the corresponding holes of the top board. All these wires will be led into

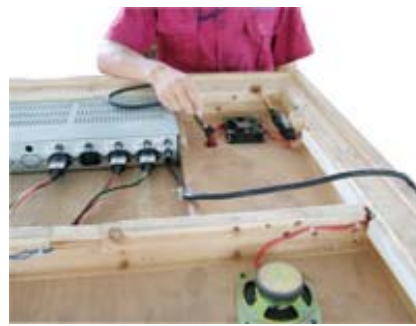


connecting with the controller on the internal top board. **See FIG-17**

19. All the infrared heaters are pre-assembled. **See FIG-18**. Connect all the wires and connectors to the corresponding outlets on the top board. Please be sure that all the plugs are connected tightly.



**FIG-18** Connectors on the external top board



**FIG-19** Put down the wires into the sauna cabin

20. After that, put down the power plugs of the speakers, temperature sensor, control panel and CD player through the hole near the fan on the top board. **See FIG 19**
21. All the wirings from top board should be linked with corresponding connectors of the control panel, the CD player, the temperature sensor and the radio antenna. Otherwise, the sauna will not function if any connections are missed. **See FIG 20-23**.



**FIG-20** Link the CD connectors



**FIG-21** Link the sensor connectors



**FIG-22** Link the control panel connectors



**FIG-23** link the antenna connectors

21. Take down the bag of screws affixed to the CD box; use a cross screwdriver to screw in the CD Box over the CD player. **See FIG-24, 24.1**



**FIG-24** CD player back cover and screws



**FIG-24.1** Fix the CD player back cover with screws

22. Making sure all steps are finished correctly, plug in the power and try using the sauna at first to make sure it will work properly. Then put the external top board over the internal top board, and take out the power plug through the corresponding hole in the external top board. **See FIG-25**



**FIG-25** Take out the power plug through external top board



**FIG-26** Fix the external board with screw

23. Take the screws affixed on the external top board, then set up the board using the cross screwdriver. See FIG-26  
24. Installation completed.

## Operation

### 1. Precautions

- a. Check all the circuitry and the plug meet all requirements.
- b. Set the temperature and time to a comfortable level, normally, 30 minutes at 120°F.
- c. Drink a cup of water before the sauna session.
- d. After 2 hours of continuous use, shut the sauna down for one hour.
- e. To avoid burns, do not touch the heating element.

### 2. Operation

- a. Only plug the SaunaGen into a 110-120volt-wall outlet. Do not share the outlet with any other appliances. Plug the unit into the outlet and use the ON/OFF switch to activate the sauna. Sauna should be **unplugged** when not in use.
- b. Press the 'temperature' button to increase or decrease the temperature. If the 'heat' light is on, the temperature setting will increase one degree every time the '+' button is pushed. If pressed for three seconds, the setting will increase quickly. Decrease the temperature in the same manner by pressing the '-' button. After the sauna reaches the desired temperature, the 'heat' light turns off.
- c. Press the 'light' button to turn the interior light on and off.
- d. If the sauna is too stuffy, open the vent in the ceiling or open the front door.
- e. After your sauna session, turn off, and unplug the power cable.
- f. To set the time press the 'function' button until the 'time' button blinks. Press the '+' and '-' buttons to set the timer from 5 to 90 minutes. If pressed for three seconds, the timer will increase quickly. When the display reads '05', the timer will buzzes then the machine will shut off automatically after 5 minutes. To extend the sauna session, reset the timer again.

### 3. CD Player

Please read the instruction of our car stereo with CD player.

## Warnings

### 1. Safety precautions

- a. To avoid fire, do not dry clothes or leave any towels in the sauna.
- b. To prevent burns or electric shocks, do not touch or use metal tools on the net cover of the far infrared heater elements.
- c. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until the sauna is shut off and the bulb is cool
- d. Do not spray water on the far-infrared tube. This activity may result in electric shock or damage to the heater elements.
- e. Do not use the SaunaGen infrared sauna if you have any of the following conditions:
  1. Open wounds
  2. Eye diseases
  3. Sever sunburns
  4. Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years may use the sauna under the supervision of adults.
  5. If suffering from a disease directly related to temperature, seek the advice of a doctor before using.
  6. Do not place pets in the sauna.
  7. Do not use the sauna if you are under the effects of alcohol.

## Trouble Shooting:

|   | Problem                                      | Possible Causes  | What To Do  |
|---|--|--|---|
| 1 | Indicator light for power supply not working | The connector is not connected properly  | Check the connector or replace a new one          |
|   |  | The fuse is burned out   | Change the fuse                                   |
| 2 | Indicator light for function is not working  | The corresponding indicator light is broken  | Replace the relevant control panel                |
|   |  | The circuit board or components are broken   | Replace the circuit board                         |
| 3 | Infrared Heater not heating up               | The heater is broken   | Replace with a new one                            |
|   |  | Its life will be shorted gradually for being used for many times                                     | Of the same specifications                        |
|   |  | The fuse is burned out:<br>L-Hand fuse holder: For back panel<br>R-Hand fuse holder: For front panel | Replace with a new one of the same specifications |
|   |  | The wire junction is loose or the heater's wire is loose   | Check it, and reconnect them tightly              |
|   |  | The circuit board relay is not functioning   | Replace circuit board                             |

|   |                                       |  |   |
|---|---------------------------------------|--|---|
| 4 | Malfunctioning of temperature setting | Some problems with heater  | See the 3rd section of heater problem   |
|   |                                       | Senor wire is not functioning  | Re-connect or replace the senor wire  |
|   |                                       | The circuit board for temperature controlling is not function  | Replace the control panel circuit board   |
| 5 | Odor from the sauna                   | The circuit problems (fuse holder wire is loose, junction wire is loose, circuit board components is broken) | 1) Cut off the power, check the power supply and voltage;<br>2) Find the objects with problems<br>3) Replace the damage parts |
| 6 | Light bulb is not working             | Light bulb is burned out   | Replace light bulb  |
|   |                                       | Light bulb wiring is loose   | Check connector or reconnect the light bulb wiring  |
|   |                                       | The light bulb connector is broken   | Replace it  |
|   |                                       | Problems with electrical control panel   | Repair or replace it  |
| 7 | Speaker is not functioning            | The speaker is broken  | Replace with a new one of the same specifications   |
|   |                                       | The speaker wire is loose  | Reconnect the speaker wire  |
|   |                                       | The power indicator light for CD is off  | Turn on the switch to start work  |
|   |                                       | CD is damage   | Try a different CD  |
| 8 | CD-Player is not functioning          | Power connector is loose or damage   | Check connector or replace it   |
|   |                                       | DC power supply is no power to the CD-player   | Check DC power supply wiring or replace the power supply  |
|   |                                       | CD-player is defective   | Replace the CD-player   |
|   |                                       | CD-player protection fuses is burnt out  | Replace the fuses   |
| 9 | Sauna is not power up                 | Power cord is unplug   | Plug back power cord to outlet  |
|   |                                       | Outlet has no power  | Check outlet or circuit breaker   |
|   |                                       | Fuses (F201) on the circuit board is burned out  | Replace the 1A 250V fuse on the circuit board   |

## Maintenance

### Cleaning

Clean the faceplate with a wet towel, or clean with a small amount of hand-soap mixed with warm water if necessary.

Clean the sauna room with a wet cotton towel, dry with a clean dry towel. ***Do no use benzene, alcohol, or strong cleaning chemicals on sauna. NOTE: Any chemical that can damage wood material will damage the sauna and the protection layer that is on the wood.***

***\*\*\* Do not leave the sauna or CD player on for more than 2 hours at a time. \*\*\****

## Transportation and storage

1. Avoid exposure to rain, snow or strong collisions during transport.
2. Do not store in damp environments.

## Packing list

- 1X Infrared sauna room with floor
- \*1 to 3X Heating element tubes for PH-I Model
- \*1 to 5X Heating element tubes for PH-II Model
- \*1 to 6X Heating element tubes for PH-III Model
- \*1 to 6X Heating element tubes for PH-C Model
- 2 X Cup shelves
- 1X Light bulb
- 1X Light housing
- 1X CD player and 2X Speakers
- 1X CD player back cover
- 1X Backrest
- 1X Bag of screws and bolts
- 1X Hand screwdriver
- 1X Instruction manual

## Information:

1. Input Voltage: 110V AC 50-60 Hz
2. Output Voltage: 110V AC 50-60Hz



## SaunaGen® Infrared Sauna Warranty

Five-year limited warranty on electrical, heater and cabinetry.

One-year limited warranty on stereo.

THIS UNIT IS MEANT FOR INDOOR USE ONLY. WARRANTY IS VOIDED IF SAUNAGEN INFRARED SAUNA IS PLACED IN AN OUTDOOR ENVIRONMENT.

*Limited warranty on SaunaGen Infrared Sauna replacement parts.* SaunaGen warrants its products to be free of defects in material and workmanship. Parts, which become defective within the warranty period, will be repaired except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear.

SaunaGen will not be responsible for labor incurred by its authorized service agents per pre-established takes in removing, inspecting and reinstalling the warranty parts. SaunaGen will not cover any labor costs attributable to disassembly and reassembly of the unit. SaunaGen will not be responsible for labor costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.

Any parts claimed to be defective must be shipped freight prepaid, to SaunaGen and the repaired or replaced product will be returned to the sender freight collect. When sent to SaunaGen, the product must be accompanied by the sales receipt or other proof of purchase date, as well as the sender's name, mailing address, daytime telephone number and any other information relating to the sender's claim. This warranty applies to products produced by SaunaGen after June 1, 2005.

This warranty is extended only to the original purchaser and terminated upon transfer of ownership. This warranty shall not apply to any product or component used in any industrial, rental, club or commercial purpose. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to fire or to excessive heat, and other hazards of nature. Under no circumstances will the manufacturer be liable for any special or consequential damages arising from the use of the product, components, and the parts attached, or installed with it. Nor for injury to any person, any claims for damages arising from the use, installation or servicing of the product. The purchaser is responsible for providing adequate access to the equipment so that any necessary service may be performed. The purchaser must establish, by dated sales slip, invoice or deliver receipt, the date of purchase. All costs for removing and reinstalling the sauna including the freight charges to and from customer shall be at the customer's expense.

Jurisdictional provision: the laws of the State of California control the provisions of this document. By accepting this warranty the buyer subjects itself to the jurisdiction of the laws of the State of California and agrees that place of suit shall be in Sacramento County, California, USA.

Attached hereto is the warranty card, which must be completed and returned to SaunaGen within thirty (30) days from the date of purchase of the SaunaGen products. Failure to return the warranty card within thirty days of purchase will void this warranty without any further notice.

REGARDLESS OF THE WARRANTY CARD BEING RETURNED WITHIN THE SPECIFIED TIME PERIOD. THERE SHALL BE NO WARRANTIES OR OBLIGATIONS; EXPRESS OR IMPLIED HEREUNDER, SPECIFICALLY EXCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OTHER THAN SPECIFICALLY DESCRIBED HEREIN. NO LIABILITY SHALL ACCURE TO SAUNAGEN® EXCEPT AS SET FORTH HEREIN.

Notes: Please keep the original SaunaGen packaging if further shipping is required.

Please register your SaunaGen® product to receive a full warranty. Please fill out the following information and mail the form to the following address within 30 days from the date of purchase:

SaunaGen®  
8173 Belvedere Ave, Suite B  
Sacramento, CA 95826

Model (please circle one):      PH I 1-person Sauna      PH III 3-person Sauna  
   PH II 2-person Sauna      PH C Corner Sauna

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Dealer Name: \_\_\_\_\_

C/No. (located outside of the package) \_\_\_\_\_

**Optional:** Please answer the questions below for us to better serve you and to improve customer care.

What is the primary reason you purchased SaunaGen Infrared Sauna?

What was the greatest influence on your decision to purchase SaunaGen Infrared Sauna?

What magazines or publications do you subscribe to?

Where did you hear about SaunaGen?

Suggestions/Comments: